



SWITCH UP THE ROUTINE

In order to maximize your results, it's important to vary your workout routine. Shaking things up a bit will challenge your body and work all of your muscle groups yielding better results. Even if you already alternate aerobic and weight training workouts, take it a step further and alternate the type of workout you do each day.

AEROBIC/ WEIGHT TRAINING EXERCISE OPTIONS:

Instead of spending an hour on the treadmill every day, switch to the elliptical, jump on the Stairmaster or go for a swim. Enrolling in classes is another great way to liven up your aerobic routine. Some classes you offering a good aerobic workout include spinning, step, kickboxing, dance and Zumba.

To spice up your weight training workout, toss the dumbbells aside and try using a weight machine or resistance bands instead.

BENEFITS OF AEROBIC/ WEIGHT TRAINING EXERCISES:

Both forms of exercise are highly beneficial. Some benefits of aerobic exercise include improving overall health (especially cardiovascular, or heart health), energizing your body, burning calories and preventing diseases such as heart disease, diabetes and obesity. On the other hand, weight training increases muscle tone, speeds up your metabolism, improves your immune system and prevents diseases such as diabetes, colon cancer and osteoporosis.

So the next time you hit the gym, remember, by incorporating both aerobic and weight training exercises into your workout ,you'll not only see the pounds melt off, but also enjoy a healthier body.

DON'T FORGET TO STRETCH!